

# Earth Changes ~ Transformation and You



## Saturday, MAY 7th 2011

Music, Vibrational sound, Guided Imagery and the healing frequencies of light will uplift the soul and take on an insightful Journey to understand the importance that we are not separate from the Earth and that the changes that are occurring on the planet are also being mirrored within us. This is a Transformation of the Human Spirit.

### A ONE DAY JOURNEY OF AWAKENING OUR INNER WISDOM

#### You will experience the keys to:

- \* Using our breath and sound to activate the higher self. This will open us to listen to our inner voice.
- \* The Prophecies of the indigenous people and what that means today.
- \* Ancient Techniques will be used to connect us to our inner guidance and prepare us to move through the transformation of the planet with wisdom.

**Free Intro Friday Night 7pm-8:30pm**

**Saturday 10:00am - 4:30pm**

**Yoga Center of Newburyport**

**SPACE IS LIMITED. REGISTER EARLY!**

**\$55**

**978-225-3700 or 352-281-4888**

Yashoda Yehudit is Co-director of YAHWEH Academy of Light, a Healing Arts School and founder of The Heart's Journey, a Guided Imagery Certification Program. She has worked side by side with Shamans of many indigenous cultures as well as many Masters. Yashoda is a 25 year Master Teacher of Energy Medicine and Guided Imagery.